



Newsline

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139

Office: (617) 349-6220 Senior Center: (617) 349-6060

North Cambridge Senior Center (617) 349-6320

MAY 2006

**OPEN HOUSE
SATURDAY MAY 20, 2006
10:00 A.M.-12:00 NOON**

Inside

Prescription Drug Coverage	
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Inserts

Calendars

**SAVE THE DATE
SOMERVILLE-CAMBRIDGE
ELDER SERVICES ELDER FAIR
WEDNESDAY MAY 3, 2006
9:00 AM to 3:00 PM
Powerhouse Community School
106 Broadway, Somerville, MA**

**FOR INFORMATION AND LUNCH
RESERVATION CALL
(617) 628-2601 EXT 618**

**Our appreciation to the Executive
Office of Elder Affairs for funds
to support our Newsline
publication.**

CITYWIDE SENIOR CENTER OPEN HOUSE

**We are located at 806 Massachusetts Avenue.
Please visit us during our Open House. We are
located in the heart of Central Square, directly
across the street from Cambridge City Hall and
next to the Post Office.**

**The Citywide Senior Center is housed in a
beautifully rehabbed four-story building
providing a wonderful setting for active and
engaged adults to come together for socialization,
recreational and educational activities, meals, as
well as assistance on an array of social service
issues. The atmosphere of the Senior Center is
one of high energy and enthusiasm. Come for a
tour of the building, hear about our programs and
services and enjoy a wonderful brunch. For more
information and to register for brunch, call
Emma Watkins 617.349.6060.**

PRESCRIPTION DRUG COVERAGE – WHAT WE KNOW TO DATE

The Cambridge Council On Aging SHINE program can be reached at (617) 349-6220 TTY (617) 349-6050

The State SHINE Office can be reached at 1(800) 243-4636 TTY 1(877) 610-0214

ENROLLMENT REMINDERS

➤ ***MEDICARE
PART D***

➤ ***EXTRA HELP***

➤ ***PRESCRIPTION ADVANTAGE***



**MEDICARE PART D
INITIAL ENROLLMENT PERIOD ENDS
MAY 15, 2006**

ENROLLMENT DELAY:

The next Enrollment Period will be
NOVEMBER 15, 2006 – DECEMBER 31, 2006.

Medicare Part D benefits will begin
January 1, 2007.

If you do not currently have creditable coverage and you delay enrollment after May 15, 2006, when you do enroll you will pay a late enrollment penalty.

This penalty adds 1% on to your plan's premium for each month you delay enrollment. This is a lifetime penalty.

ENROLLMENT

Enrollment in a plan is easy. SHINE staff or Medicare staff can assist choosing a plan. All you need is your list of medications (name, dose, and frequency of use) information off your Medicare Card, and the name of your pharmacy to check if your pharmacy is on the plan list. If you cannot find your Medicare Card, contact Social Security and they can give you your claim number and benefit start dates.

Enrollment Contacts

Medicare – 1(800) 633-4227 TTY 1(877) 486-2048

WWW.MEDICARE.GOV

SHINE – SEE ABOVE

EXTRA HELP is available to help pay your Medicare Part D premiums and co-payments. Applications are available through Social Security (800) 772-1213, TTY (800) 325-0778, at the local office, 240 Elm Street, Somerville, MA 02144, or can be completed on the web site at WWW.SSA.GOV.

PRESCRIPTION ADVANTAGE (PA) GENERAL ENROLLMENT & QUALIFYING EXCPTIONS

PA is available to Massachusetts residents who are not receiving prescription drug coverage through Medicaid - Mass Health or Common Health.

Individuals who are eligible for Medicare Part A or Part B must also be enrolled in a Medicare Part D plan or a plan offering creditable coverage and meet income guidelines. PA requires applicants to submit an application to Social Security for Extra Help. Contact Prescription Advantage about what steps need to be taken. If you are not eligible for Medicare, PA may offer you primary prescription drug coverage. Age and Income guidelines apply.

General Eligibility:

- Age 65 but not over age 66 and meet income guidelines.
- Under age 65, work no more than 40 hours per month and meet income and disability guidelines

Qualifying Exceptions: Massachusetts residents age 66 or older qualify to apply if:

- ✓ You moved to Massachusetts in the past six months
- ✓ You lost your prescription “creditable coverage”
- ✓ Became eligible for Medicare
- ✓ You lost your Medicare Full Subsidy status through re-determination due to a change in Income or Assets
- ✓ You involuntarily lost your health care coverage
- ✓ You lost your MassHealth pharmacy benefits

Contact PA at 1 (800) 243-4636

TTY 1 (877) 610-0241. www.mass.gov key word Prescription Advantage. or SHINE - SEE ABOVE



ATTENTION DIABETICS!!!

➤ Medicare Part D Benefit Insulin Pills & Insulin Shots

➤ Medicare Part B Benefit Diabetes Related Supplies and Services

➤ Medicare Wrap around Plans Prescription Advantage, Mass Health, Retiree sponsored wrap around

➤ What is covered under which Medicare Benefit.

➤ Diabetes specialty organizations



➔ Insulin Pills, Insulin Syringes & needles

Medicare Part D

As of January 1, 2006, Medicare has added coverage for insulin pills and insulin injections.

Under the new guidelines you must bill insulin pills, liquid insulin, and syringes to Medicare Part D first.

Please check with your Part D plan to find out if the syringes require a separate co-payment.

If you have a Medicare Part D wrap around plan such as Prescription Advantage, an employer sponsored wrap around plan, or Mass Health make sure to give your pharmacist this information to lower your co-payment costs.

➔ Medicare Coverage of Diabetes Related Supplies and Services

Medicare Part B

- ✓ Blood Glucose Meters & batteries for your meter
- ✓ Test Strips
- ✓ Lancing Devices and Lancets
- ✓ Control Solution

- ✓ Hemoglobin A1c Tests
- ✓ Insulin Pumps (and insulin, if infused through the pump)

You must purchase your Diabetes Supplies from a Medicare Part B Participating Provider!

“Participating Part B providers” have a special arrangement with Medicare and “accept Medicare assignment” They will bill Medicare directly for the cost of your diabetes supplies. (After you reach your Medicare Part B deductible, you only pay the 20% co-pay.)

If your provider is “not participating” for Part B Medical Equipment, they do not have to accept assignment. This means that you may pay more through the supplier and Medicare may or may not reimburse you.

- ✓ Check with your pharmacy and Part D mail order company and make sure that they accept Part B Assignment for diabetes supplies. Do not assume that they do.



Sample of Diabetes Specialty Organizations that accept Part B assignment

Liberty Medical:

Testing Supplies **1-866-691-9277**
Pharmacy Rx **1-888-800-8824**** also
**contracts with many Medicare Part D
plans for general prescription coverage**

Neighborhood Diabetes Shoppe is a Part B provider and specializes in testing supplies only.

1-866-784-2765

If you have additional questions please contact MassMedLine at (866) 633-1617



OSTEOPOROSIS AND YOUR

BONES

Richard Waitt, MGH Graduate Nursing Program.

Osteoporosis is a “bone thinning” disease that affects millions of Americans. The disease is marked by a loss of bone mass that causes bones to become weak, fragile and easy to break. Today bone loss or thinning can be prevented or treated early to stop major problems. Each year, osteoporosis is responsible for 1.5 million bone fractures mostly in the hip, wrist and spine. It is often called a silent disease because people may not know that they have it until they break a bone. Their bones become so weak that a sudden bump or fall causes a hip to fracture or a vertebra to collapse. Collapsed vertebrae may initially be felt or seen in the form of severe back pain, loss of height, or severely stooped posture.

You or someone you know likely suffers from osteoporosis. Some people are more likely to develop it than others. The older you are the more likely you are to develop osteoporosis. Women are four times more likely than men to have this disease. Caucasian and Asian women are more likely to develop osteoporosis. African American and

Hispanic women are at significant risk for developing the disease.

Whatever your race or gender may be, you are never too old to stop bone loss! With a few simple steps, you can prevent or slow down osteoporosis.



Eat a well balanced diet with plenty of calcium and vitamin D

Your bones are counting on you! No matter how old you are, your diet needs to be rich in calcium and vitamin D in order to protect your bones from becoming brittle and weak. Bones are made up mostly of collagen and calcium that gives the bones strength. More than 99% of the calcium found in the body is found in the bones and teeth.

Vitamin D plays an important role in calcium absorption and in bone health. It is made in the skin through exposure to sunlight. You must be out in the sun with your face and arms exposed for 15 minutes a day to get an adequate dose. For some people the risk of sun exposure may make this inadvisable and for us in the Northeast, it is often difficult to manage in the winter. While many people are able to obtain enough vitamin D naturally, studies show that vitamin D production decreases in the elderly, in people who are

housebound, and for people in general during the winter.

Men and women over 65 need 1200 mg of calcium and 400-600 units of Vitamin D everyday. You can get these nutrients through the foods you eat each day. Make sure your grocery list includes foods that are good for your bones!

Calcium sources include low-fat fruit yogurt, low-fat milks and cheeses, chocolate pudding, or frozen yogurt. Some vegetables such as turnip greens, broccoli, and collard greens are good sources of calcium. Next time you are shopping, look for some calcium fortified products such as orange juice or cereals.

Good sources of vitamin D are vitamin D-fortified dairy products like milk, egg yolks, saltwater fish and liver. If your diet does not give you enough calcium and vitamin D, talk to your health care provider about vitamin and mineral supplements. Too much of any vitamin or mineral may have harmful effects on your body.

Get regular physical activity

Your bones will benefit! Physical activity can prevent and slow down the progress of osteoporosis. Whether you are 65 or 95, the more you make your bones and muscles work, the stronger they get. Different types of

exercises can help the bones in different ways.

Weight Bearing activity makes the bones and muscles in your feet and legs work against gravity as you move your body. Walking and stair climbing are good weight bearing activities.

Strength Training uses weights as resistance to help strengthen your muscles and bones. Use any kind of weight—hand weights, ankle weights, plastic bottles filled with sand, soup cans or weight machines to get the bone building benefits.

Balance and Posture are important to keep you standing straight and reduce your risk of falling. Yoga and Tai Chi are fun activities that help you maintain or regain your balance and posture.

The Senior Centers offers a variety of exercise classes that will help you strengthen your bones. Before beginning an exercise program, consult with your health care provider.

If you think you may have osteoporosis you should discuss this with your health care provider (doctor or nurse practitioner). In addition to diet and exercise, there are effective medications to prevent bone loss and help rebuild bone.

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MAY EVENTS AT OUR CENTERS

THE CITYWIDE SENIOR CENTER

806 Mass Ave., Cambridge
(617) 349.6060

THE NORTH CAMBRIDGE SENIOR CENTER

2050 Mass Ave., Cambridge
(617) 349.6320

www.cambridgema.gov/DHSP2

Monday May 1	Creative Cooking 3-4	Monday May 1	Open Forum 12-1
Thursday May 4	Town Meeting 12-1 Birthday Party 1-2 Sr Advisory Cmt 1:30-3	Tuesdays May 2, 16, 23 & 30	Social Services 10-2 Call 617.349.6320 for an appointment
Monday May 8	I Love Lucy Night 5-6:30	Wednesday May 3	Men's Breakfast at Citywide Senior Center 9-10 Reservation Required
Tuesday May 9	Mayor's Picnic @ MIT Mardigras 10:30-2 Tickets Required	Friday May 5	Pet Therapy Day With Brandy 9-4
Thursday May 11	Mother's Day Brunch 9:30-11 Arthritis Talk 1-2	Tuesday May 9	Mayor's Picnic @ MIT Tickets Required 10:30-2
Friday May 12	Boston Senior Games Billiards 8:00 a.m.	Thursday May 11	Mother's Day Tea 12:30-2
Thursday May 18	Credit Card Talk 1-2	Tuesday May 23	Elder Law Forum "Planning for the Future" 10-11:30
Saturday May 20	Open House 10-12 Noon		
Monday May 22	Drive-In Movie Night 5-6:30		
Thursday May 25	Shady Hill School Concert 1-2		
Wednesday May 31	Spring Fair 10-3		



In Memory of Ruby Wong Chung

The Cambridge COA/Senior Centers would like to express our sincere appreciation to Harry Chung, Ruby's husband, and the family and friends of Ruby who made generous donations in her memory. Ruby will truly be missed.



For the last 5 years I had the pleasure of working closely with Ruby Chung. She was such a part of our everyday life here at the center. If someone was needed to watch the desk, fold the Newslines, or help register workshop participants, Ruby was always happy to step in. She loved children and they immediately felt a bond with her. Ruby made other people feel special with her generous nature and warm heart. She was tiny in stature but was able to overcome medical challenges that would have laid Goliath low. Her love of her family helped her to persevere. Ruby's passing left a hole



in our hearts.



**An Elder Law Forum
North Cambridge Senior Center
2050 Massachusetts Avenue
Cambridge, MA 02140**

*May 23, 2006
10:00 a.m.*

The Cambridge Council on Aging presents "Planning for the Future". Attorney Jeffrey Petrucelly will answer these questions: Who needs a will? What is a living trust? Who needs a durable power of attorney? What is a health care proxy? The Executive Office of Elder Affairs and the New England chapter of the National Association of Elder Law Attorneys sponsor this program. For more information call Susan Pacheco at 617-349-6220.

**Cambridge Council on Aging and
National Consumer Law Center
Present:**

**Understanding Your Credit Cards
An Educational Workshop for
Older Consumers**

**When: Thursday, May 18, 2006
1:00 p.m. – 2:30 p.m.**

**Where: Cambridge Senior Center
806 Massachusetts Ave.**

**To register, please call Susan Pacheco
at 617-349-6220.**

Be informed about your credit card.

Learn about Scams

- ❖ **Interest Rates**
- ❖ **Universal Default Clauses**
- ❖ **And more!**

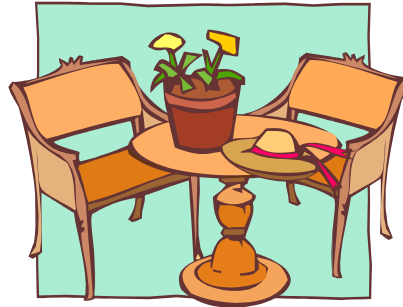
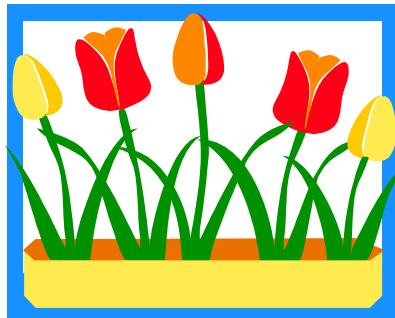
*This workshop is made possible by funding
from the Retirement Research Foundation*

CAMBRIDGE CITYWIDE SENIOR CENTER
806 MASSACHUSETTS AVENUE
CAMBRIDGE, MA 02139
617-349-6060

WE INVITE EVERYONE TO COME TO OUR SPRING FAIR

DATE: MAY 31, 2006

TIME: 10AM TO 3PM



THREE REASONS YOU SHOULD NOT MISS THE FAIR

1. SHOPPING AND RAFFLES
2. GOOD FOOD
3. SHOPPING AND RAFFLES

THREE TIPS FOR WHEN YOU ATTEND A FAIR










1. ALWAYS BRING A FRIEND FOR A SECOND OPINION
2. LEAVE ROOM FOR DESSERT OR AN EGG ROLL
3. BRING MONEY

ADVICE FOR THOSE WHO WOULD LIKE TO DONATE


1. BE SURE IT IS SOMETHING YOU WOULD LIKE
2. IT HAS TO BE NON PERISHABLE
3. BRING IT TO LENA BELL AT THE CENTER

ALL PROCEEDS TO BENEFIT PROGRAMS AND SERVICES OF THE CAMBRIDGE CITYWIDE
SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Qi Gong 9-10 Men’s Rap Group 10-11 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1-3 Classic Movie 1-3 Painting Beano 1:30-3 Creative Cooking 3-4/Dinner 5:00</p>	<p>12. ESL II 9:30-10:30 Chair Yoga 10-11 ESL IV 10:30-12 Senior Safety 12:30-1:30 Latino Group 1-2 Movie 1:15-3:15 Beano 1:30-3</p>	<p>3. Walking Club 9-12 Men’s Breakfast 9-9:30 Chinese/English Singers 9:45-11 Sobriety Support Gr 10-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>4. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Town Meeting 12-1 Birthday Party 1-2  Senior Advisory Committee 1:30-3</p>	<p>5. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10-11:45 </p>
<p>8. Qi Gong 9-10 Men’s Rap Group 10-11 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1-3 Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3/Dinner 5:00/ I Love Lucy Night 5:00</p>	<p>9. Mayor’s Picnic @ MIT 10:30-2  MARDIGRAS</p>	<p>10. Walking Club 9-12 Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>11. Grandet An Aksion 9-2 Mother’s Day Brunch 9:30-11  Health & Wellness “Arthritis Up-date” 1-2</p>	<p>12.Gr Boston Senior Games Billiards 8:00 a.m. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Tea on the Terrace 10-11 Chinese Movie 10:30-11:45</p>
<p>15. Qi Gong 9-10 Men’s Rap Group 10-11 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1-3 Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3 Tea on the Terrace 3-4 Dinner 5:00</p>	<p>16. ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Book Review 12:30-1:15 Latino Group 1-2 Movie 1:15-3:15 Beano 1:30-3</p>	<p>17. Walking Club 9-12 Chinese/English Singers 9:45-11 Sobriety Support Gr 10-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>18. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Credit Card Talk 1-2:30 </p>	<p>19. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Elder Meeting 10:45-11:45</p>
<p>22. Qi Gong 9-10 Men’s Rap Group 10-11 Clay Sculpture 10-12 Senior Singers 10-11:30 Ballroom Dancing 1 Classic Movie 1-3 Painting 1:30-3 Beano 1:30-3 Dinner 5:00/Drive-In Movie 5:00</p>	<p>23. ESL-II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15 Beano 1:30-3 Blood Pressure Screening 2:30-3</p>	<p>24. Walking Club 9-12 Chinese/English Singers 9:45-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>25. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Shady Hill School Concert 1-3 </p>	<p>26. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Tea on the Terrace 10-11 </p>
<p>29.HOLIDAY OPEN FOR BREAKFAST & LUNCH 8:30-1 </p>	<p>30. ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 Movie 1:15-3:15 Beano 1:30-3</p>	<p>31. Chinese/English Singers 9:45-11 Spring Fair 10-3 Tai Chi Level I –12-1 Tai Chi Level II- 1:15-2:15 Beano 1:30-3 </p>	<p>Open House Saturday May 20, 10-12 Building tours, learn about our programming and services and enjoy a wonderful brunch. For information Call 617.349.6060 Emma Watkins</p>	<p><i>Happy Mother’s Day</i> <i>From</i> <i>The Cambridge Council On Aging</i> <i>May 14, 2006</i></p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Walking Club 10:20-12 Spanish Class 11-12 Lunch 11:30-12:30 Open Forum 12:00 Noon Bingo 1-3	2. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	3. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30 <u>Rear Window</u>	4. Walnut St Group 10-1 Lunch 11:30-12:30 Senior Safety Group 1-2 Yoga 3-4	5. <u>Pet Therapy</u> 9-4 Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4
8. Walking Club 10:20-12 Low Vision Group 10-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3	9 Mayor’s Picnic at MIT Mardigras 10:30-2 Tickets Required Lunch 11:30-12:30	10. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15-3:30	11. Walnut St Group 10-1 Lunch 11:30-12:30 Mother’s Day Tea 12:30-2 Yoga 3-4	12. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4
15. Walking Club 10:20-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3	16. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3 Advisory Committee 3-4	17. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15-3:30 <u>Rent</u>	18. Walnut St Group 10-1 Lunch 11:30-12 Yoga 3-4	19. Line Dancing Lunch 11:30-12:30 Whist 1-4
22. Walking Club 10:20-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3	23. Elder Law Forum “Planning for the Future”10-11 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	24. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15-3:30 <u>Yours, Mine, Ours</u>	25. Day Trip Fenway Park 8:45-3 Walnut St Group 10-1 Lunch 11:30-12:30 Yoga 3-4	26. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1-4
29. Holiday Memorial Day Center Closed	30. Social Services 10-2 Lunch 11:30-12:30 Quilting 1-3 Crochet/Knitting 1-3	31. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2:15-3:30 <u>Mad Hot Ballroom</u>		<i>Happy Mother’s Day</i> <i>From</i> <i>The Cambridge Council On</i> <i>Aging</i> <i>May 14, 2006</i>

Our popular Computer classes begin each month. Register NOW for the Basics. Classes are \$12.00 for the series. It's fun, and easy when you know how.



Explore these websites
in our Computer Room.

www.ask.com

"How do I search?"

www.google.com

Enter keyword+keyword
to narrow your search

www.howstuffworks

What is "wifi"?

COMPUTER BASICS in four consecutive weeks, (each class is 1-½ hours) you will make the mouse your friend, type, insert a graphic, save, and print a letter, and make an envelope or labels. Classes are \$3.00/class or \$12.00 for the series.


Play games with
Mavis Beacon Teaches Typing
on Computers #2 and #3. These are
challenging and fun.

INTERNET BASICS in four consecutive weeks, (each class is 1-½ hours) you will create an e-mail account, E-mail your friends, and surf the WORLDWIDE WEB. Classes are \$3.00/class or \$12.00 for the series. Computer Basics is highly recommended.

MORE INTERNET BASICS in four consecutive weeks, (each class is 1-½ hours) you will take pictures with the Department's Digital Camera, send them as attachments in e-mails and use them as graphics in Word Documents. Classes are \$3.00/class or \$12.00 for the series. Internet Basics is highly recommended.

**THE COMPUTER ROOM WILL CLOSE AT
NOON ON FRIDAYS
AS DO ALL CITY OF CAMBRIDGE
DEPARTMENTS.**

**Our popular Computer classes begin each month. Register NOW for the Basics.
Classes are \$12.00 for the series. It's fun, and easy when you know how.**

M 5/1	T 5/2	W 5/3	TH 5/4	F 5/5	S 5/6
Our Computers are available on Mondays. 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	More Computer Basics! 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Our computers are available on Saturdays from 9:30-11:30	Computer Basics 9:00-10:30 10:30-12:00	Computer Lab 9:30-11:30 Maurice Anderson
M 5/8	T 5/9	W 5/10	TH 5/11	F 5/12	S 5/13
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Joy and Laughter build the Immune System.	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild	
M 5/15	T 5/16	W 5/17	TH 5/18	F 5/19	S 5/20
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Practice your computer moves on our computers M T, W, F, Sa	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 5/22	T 5/23	W 5/24	TH 5/25	F 5/26	S 5/27
Computer Lab 11:15-2:00 LeRoy Cragwell	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	A smile is an act of kindness. 	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild	
M 5/29	T 5/30	W 5/31	June 2006	F6/2	S 6/3
CLOSED FOR MEMORIAL DAY	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-3:00 Joe Galvin	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	already! Register for our popular classes at 1-617 369-6060 x6198	Pick up a June 2006 schedule in the Computer Room	

**PROGRAM AND STAFF****Executive Director, Eileen Ginnetty****CAMBRIDGE CITY COUNCIL**

Kenneth E. Reeves, Mayor
Timothy J. Toomey Jr., Vice Mayor
Henrietta Davis
Marjorie C. Decker
Anthony D. Galluccio
Craig A. Kelley
Brian Murphy
E. Denise Simmons
Michael A. Sullivan

CITY ADMINISTRATION

Robert W. Healy
City Manager
Richard C. Rossi
Deputy City Manager
Ellen Semonoff,
Assistant City Manager
Department of Human
Service Programs

COUNCIL ON AGING BOARD

LeRoy Cragwell, Treasurer
Patricia Toner
Mary Vlantikas

ADVISORY BOARD

Erna Benjamin
Bill Ellis
Joan Morris
Jean Ryde
Ruth Sharp
Nancy Smith
Wai Ling Tam

Social Services

Susan Pacheco, Director of Client Services,
Portuguese Translation
Elizabeth Seelman, Case Manager
Caryn A. Eichenbaum, Information &
Referral Specialist; SHINE Counselor

Administrative Assistant

Patricia A. Johnson

Senior Aides

June Rooney	
Marlene Bumm	Arvilla Sarazen
Myrna Rivera	Lorraine Wade
Anne Robinson	Ila Watson

Elder Haitian Program

Lily Marcelin-Program Coordinator
Dianante Desjardines-Program Assistant

Senior Substance Abuse Counselor

Eileen Rush

Bus Driver

Laura Habermann

Asian Seniors Coordinator

Yolanda Chin

Men's Group Coordinator

James E. Jones

Computer Instructor

Eve Flochild

Newsletters

Eileen Ginnetty
Patricia Johnson

Citywide Senior Center

Emma Watkins, Director

Activities & Volunteer Coordinator

Arline McGrady
Angela Owens, Assistant

North Cambridge Senior Center

Vincent McCarthy, Director
Suzanne Eagan-Beverly,
Center Assistant

North Cambridge Senior Center**Meal Site Director**

Jean Roy

Food Service Manager

Julianne King

Assistant Food Service Manager

Santora Cooper

Meals Assistants

Gail Low
Betty Bingham
Teiko Devin

Food Pantry Coordinator/**Center Assistant**

Lena Bell

Food Pantry Assistanat

Cathy Decker

Facility Manager

Donn Hockman
Department of Public Works

Week-End Activities**Coordinator**

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